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## ENJOY FREE, FUN, EASY WORKOUTS AT FITNESS ZONES IN PINELLAS

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Upper- and lower-body workouts and cardio exercise don't require gym memberships. In Pinellas, thanks to a Centers for Disease Control and Prevention (CDC) grant, outdoor equipment to get fit is available at no cost.

There are more than 15 Fitness Zones around the county in county and city parks. They're free, fun and easy to use. The equipment includes

information on its proper use and which areas of the body it targets.

The newest Fitness Zone opened at Ridgecrest Park in Largo in April and one was dedicated in Dunedin at Weaver Park in February. An additional one is coming to Pinellas Park later this year. A list of all Fitness Zones in the county is at

<http://pinellas.floridahealth.gov/programs-and-services/wellness-programs/health-promo-school-health/documents/pinellas-county-recreation-centers-and-fitness-zones.pdf>.

DOH-Pinellas has three 30-second public service announcements that explain what Fitness Zones are and how they provide opportunities for any park visitor. The three are posted here: <http://pinellas.floridahealth.gov/programs-and-services/wellness-programs/health-promo-school-health/index.html>.

Fitness Zones are funded by the CDC via its Partnerships to Improve Community Health (PICH) grant to prevent obesity. Other PICH initiatives in Pinellas include Bike Fix-It Stations that allow cyclists to do quick repairs, bottle refilling stations in area parks and trails and Fun Bites that help youth sports concession stands add healthier foods to their menus.

The Florida Department of Health in Pinellas County (DOH-Pinellas) received a PICH grant in 2014 to help Pinellas residents and visitors increase their fitness and health. DOH-Pinellas works with community partners in Pinellas County Schools, the cities of St. Petersburg and Clearwater, Pinellas Extension and Forward Pinellas on PICH initiatives.

For more information about programs and services offered at DOH-Pinellas, go to [www.PinellasHealth.com](http://www.PinellasHealth.com) or call (727) 824-6900. Follow us on Twitter [@HealthyPinellas](https://twitter.com/HealthyPinellas).

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